

# Fall Vegetable Planting Guide

## VEGETABLES THAT GROW WELL IN THE FALL

- Asian greens
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- chard
- Chinese cabbage
- cilantro
- claytonia
- garlic
- greens such as mustard and collard
- kale
- kohlrabi



- leeks
- lettuce
- mache (corn salad)
- peas
- radishes
- rutabagas
- spinach
- turnips

For more information on growing a fall garden go to:

<https://dogwoodsanddandelions.com/planting-fall-garden/>

# WHEN TO PLANT YOUR FALL VEGETABLES

Step 1: Find your [first expected frost date](#). Record it below.

Step 2: Look at the seed packet of the vegetable you want to plant and find the number of days until harvest (maturity).

Step 3: Count back from your first expected frost, the number of days to harvest.

Step 4: Count back an additional 10 days.

This is the last date you should plant that particular vegetable for a fall harvest. Keep in mind, some vegetables can handle a bit of frost. Vegetables like kale and carrots and even lettuce can be harvested from the garden after a light frost.

You will need to repeat this process for each fall vegetable you plan to grow.



## For example:

My first expected frost date for zone 28032 is October 31.

This seed packet says it takes 40 days to harvest.

Counting back 40 days from October 31 puts me at September 22.

Now count back an additional 10-14 days to allow for slower fall growth. (I use 10 days. Makes it easy.) We are now at September 12. This is the last day I should plan to plant these seeds. However, it is ok to plant them a bit sooner.

# FALL PLANTING FORMULA

First expected frost date

minus

# days to harvest

minus

10 additional days

equals

last planting day

## GENERAL PLANTING INFORMATION

This planting information gives you a general idea of when to plant many of your fall garden vegetables.

- 12-14 weeks** – cilantro, parsnips, peas, radishes, rutabagas
- 10-12 weeks** – Set out transplants of broccoli, cauliflower, Brussels sprouts, and cabbage. Start from seed: beets, carrots, celery, collards, kale, leeks, lettuce, radishes, scallions, Swiss chard
- 8-10 weeks** – arugula, Asian greens, Chinese cabbage, lettuce, mustard, spinach, turnips
- 6-8 weeks** – lettuce, mache (corn salad), spinach
- 2 weeks** – garlic, onions